

# Arizona's 2008 Adolescent Substance Abuse Conference

## Confronting Social Barriers in Adolescence

Presented by  
 Arizona Department of Health Services  
 Division of Behavioral Health Services

**Thursday, September 11**

<b>7:00- 8:00</b>	<b>Registration and continental breakfast ( registration will continue until 5pm)</b>
<b>8:00-8:15</b>	<b>Native American Drumming and Prayer Ceremony</b> Native American Connections
<b>8:15- 8:45</b> <b>Ballroom</b>	<b>Laura Nelson, M.D.</b> Acting Deputy Director; ADHS/DBHS  <b>Opening Remarks</b> -Dr. Nelson will share highlights of Arizona's current approaches to addressing substance use disorders in adolescents and outline ADHS/DBHS' vision for the future
<b>8:45-9:30</b> <b>Ballroom</b>	<b>Keynote- H. Westley Clark M.D., J.D., M.P.H., CAS, FASAM</b> Director, Center for Substance Abuse Treatment Substance Abuse and Mental Health Services Administration  <b>Adolescent Substance Abuse Treatment</b>
<b>9:30- 10:15</b> <b>Ballroom</b>	<b>Rodgers Wilson, M.D.</b> Acting Chief Medical Officer/ Division of Behavioral Health Services  <b>Prescription Drug Abuse in Adolescence-</b> the presentation will focus on following goals <ol style="list-style-type: none"> <li>1. To explore the prevalence of prescription drug abuse in the U.S.</li> <li>2. Review the accessibility and availability of prescription drugs in the US</li> <li>3. To explore Prevention and intervention strategies for prescription drug abuse</li> <li>4. To review US and Arizona related mortality rates associated with prescription drugs</li> <li>5. To understanding the focus of local community strategies aimed at prescription drug abuse</li> </ol>
<b>10:15-10:30</b>	<b>Break</b>

<b>10:30- 12:00</b> <b>Ballroom</b>	<p><b>D.J. Vanas</b> <b>Native Discovery Inc</b></p> <p><b>Keeping the Fires Lit</b> This powerful program will renew your sense of purpose, passion and performance as you work to build strong and healthy communities by eliminating substance abuse. In Native American traditions, warriors spent their lives developing their talent and abilities to become assets to the village they served. Today that <i>village</i> can be your family, community, clients – <i>anyone you serve...</i> and in order to create success within the village, we must first be able to take excellent care of ourselves and <i>keep our fires lit</i>. In this session, D.J. will show you effective strategies to keep yourself inspired, motivated and focused, lower your stress and keep your spirit strong as you continue to serve others. Get ready to look at your life in a whole new light!</p>
<b>12:00- 12:30</b> <b>Ballroom</b>	<b>Lunch</b>
<b>12:30- 1:45</b> <b>Ballroom</b>	<p><b>Luncheon Plenary on Family Involvement in Adolescent Substance Abuse Treatment</b></p> <p><b>Sharon Smith</b> Founder and president of MOMSTELL</p> <p><b>Jane Kallal</b> Executive Director Family Involvement Center</p> <p><b>Family members</b></p>
<b>1:45- 3:15</b> <b>Ballroom</b>	<p><b>Clean &amp; Sober Theater (C.A.S.T.) Performance</b> <i>Compass Behavioral Health Care, Tucson</i></p> <p>C.A.S.T. is an innovative alcohol and other drug prevention and education program utilizing live theater to convey the real-life experiences of local teens and young adults whose lives have been affected by addiction. C.A.S.T. members take the stage to reveal their personal experience of addiction and recovery in vivid detail. Peer education follows as C.A.S.T. members candidly address anonymous questions surrounding the consequences of alcohol and other drug use and abuse. The C.A.S.T. performance promotes individual and community awareness and opens a candid dialogue related to alcohol and other drug use and addiction. It also empowers many audience members to recognize and act on their personal obligation to be a part of the solution to the problems that occur as a result of this destructive disease.</p>
<b>3:15- 3:30</b>	<b>Break</b>

<p><b>3:30-5:00</b> <b>Ballroom</b></p>	<p><b>Vickie Mc Ginley, M.A., L.P.C.C.</b> Confidential Counseling and Consulting</p> <p><b>Adolescent- Community Reinforcement Approach (A-CRA)</b>  I. What does Playing Golf, learning how to practice Evidence Based Therapies, and Flying an Airplane have in common?  II. What works? Basic considerations for implementation of evidence based treatment  III. Reality check: effective treatments and what is actually practiced  IV. A training model for evidence based treatments: How clinicians and their agencies move into implementing EBT's.  V. Why use the training model?</p>
<p><b>5:15-6:00</b> <b>Ballroom</b></p>	<p><b>Viewing of film on Addiction, Recovery and Hope Followed by a panel discussion</b></p> <p>Meth Inside Out – Brain &amp; Behavior’ presented by The Center for Applied Behavioral Health Policy (CABHP)</p> <p>Introduction by Vicki Staples, CABHP Associate Director for Clinical Initiatives</p> <p>Produced by the UCLA Integrated Substance Abuse Programs (ISAP) and Eyes of the World Media Group, “Meth Inside Out” is a powerful and engaging research-based video series, which uses 3D animations, accessible explanations and personal accounts to provide a better understanding of the biological underpinnings of the high, tolerance, craving, paranoia, aggression and anhedonia associated with methamphetamine use.</p>

# Arizona's 2008 Adolescent Substance Abuse Conference

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**Friday, September 12**

<b>7:00- 8:00</b>	<b>Registrations and continental breakfast ( registrations will continue till 5pm)</b>
<b>8:00-8:15</b>	<b>Native American Prayer Ceremony</b> Native American Connections
<b>8:15- 9:15</b> <b>Ballroom</b>	<b>Keynote- Robert Rhode, Ph.D.</b> <b>Motivational Interviewing and Adolescent Substance Abuse Treatment</b>
<b>9:15-10:15</b> <b>Ballroom</b>	<b>Sara Salek, M.D.</b> <b>Medical Director for Children Services/ Division of Behavioral Health Services</b>  <b>Adolescent Brain Development and Substance Abuse</b> The goal of this presentation will be to provide the following information to attendees: <ul style="list-style-type: none"> <li>• An overview of brain anatomy and function</li> <li>• Background on brain development</li> <li>• Recent discoveries as pertains to adolescent brain development</li> <li>• Impact of alcohol use during adolescent brain development</li> </ul>
<b>10:15-10:30</b>	<b>Break</b>
<b>10:30- 12:00</b>	<b>Breakout sessions 1-4</b>  <b>Session 1</b> <b>Adolescent Matrix Model Implementation</b> Presenters: <b>Maureen Rehak, ACSW, LCSW - NARBHA</b> <b>Nathan Velez MA, LASAC - Community Counseling Centers</b>  The NARBHA/Community Counseling Centers presentation will focus on the implementation of Matrix for Adolescents in northern Arizona. NARBHA and its selected clinics are participating as beta sites for the Matrix Institute providing valuable data to support this approach as an “evidence-based practice”. NARBHA, in partnership, with its contracted clinics has supported the implementation of Matrix for Adolescents through a CA-SIG grant through ADHS/DBHS.

The presentation will focus on the Matrix model (differences between Matrix for Adults and now for Adolescents), the T-ASI (Teen Addiction Severity Index) used to provide outcome data to the Matrix Institute and the NARBHA developed fidelity tool used to measure fidelity to the model. NARBHA will provide preliminary data gathered from its implementation earlier these years. Community Counseling Centers (Nate Velez) will discuss implementation of this model from a clinic/provider perspective. He will also share his experiences, including challenges in implementing the model.

## **Session 2:**

### **Adolescent- Community Reinforcement Approach (A-CRA) Implementation**

Presenters:

**Mary Jo Whitfield, MSW**, Vice President, Behavioral Health for Jewish Family and Children's Service

**Nestor Li Retana, MA**, Behavioral Health for Jewish Family and Children's Service

**John M. Hohl, MS, ICAADC, LISAC, ICCS**, Clinical Director, JFCS Catalina Behavioral Health site

The JFCS A-CRA presentation will focus on the development and integration of the A-CRA program within a large Behavioral Health agency that previously had focused primarily on addressing mental health and behavioral issues.

JFCS was interested in developing a program for young people with substance abuse issues that could also address mental health and behavioral issues. The approach needed to be flexible, research based, effective with diverse populations and proven to be effective in other community based substance abuse/mental health programs.

JFCS was interested in A-CRA because it is an individual behavioral treatment approach designed to help adolescents and their parents reshape their environment and learn new skills. A-CRA consists of approximately 14 sessions, which focus on rearranging environmental contingencies so that abstaining from substance abuse is more rewarding than using it.

Adolescents are taught skills which include, how to find new reinforcers/ enhance existing ones for staying substance free, how to use existing community resources which support positive change, and how to develop a positive support system within the family.

The presentation will focus on how A-CRA staff were selected, trained and supported in their efforts to become A-CRA certified. It will also discuss the challenges and barriers that the implementation team needed to address and recommendations on how to successfully implement the program based on JFCS' experience.

## **Session 3:**

### **How do we Reduce Juvenile Recidivism: A look into research-based best practice?**

Presenters:

**Stacia Nowinski**, Program Manager; Juvenile Justice Services Division Treatment Contracting and Evaluation Unit

	<p>Arizona Supreme Court/Administrative Office of the Courts Juvenile Justice Services Division</p> <p><b>Jeanne Brandner</b>, Program Specialist; Juvenile Justice Services Division Treatment Contracting and Evaluation Unit Arizona Supreme Court/Administrative Office of the Courts Juvenile Justice Services Division</p> <p><b>Jennifer A. Rhyne</b>, Program Specialist; Juvenile Justice Services Division Treatment Contracting and Evaluation Unit Arizona Supreme Court/Administrative Office of the Courts Juvenile Justice Services Division</p> <p>Are everyday juvenile justice treatment programs working to reduce recidivism? Learn how the Standardized Program Evaluation Protocol (SPEP) evaluates programs against research-based best practice. Based on Dr. Mark Lipsey's (Director of the Center for Evaluation Research and Methodology at the Vanderbilt Institute for Public Policy Studies) meta-analysis, the SPEP highlights program characteristics necessary to reduce recidivism. In addition to assessing a program's effectiveness, the SPEP also identifies specific improvement options to boost recidivism reduction.</p> <p><b>Training/Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>Understand program evaluation including different methods of approach</li> <li>Define SPEP – development and utilization</li> <li>Understand program improvements</li> <li>Identify the SPEP's impact on reducing recidivism</li> </ol> <p><b>Session 4:</b> <b>Youth involvement and Youth lead events for prevention, recovery and stigma reduction</b></p> <p>Presenters:</p> <p><b>Greg Dicharry, CPRP</b> Peer and Family Delivered Services Development Manager, Magellan Health Services</p> <p><b>Youth Peer Mentors</b> <b>MY LIFE</b>, Magellan Youth Leaders</p> <p><b>MY LIFE</b>, Magellan Youth Leaders Inspiring Future Empowerment, youth leadership group will explain how youth involvement and youth lead events benefit mental health and substance abuse prevention, recovery and stigma reduction. An overview of MY LIFE and MY Fest, a youth involvement festival held June 7, 2008, including outcomes and video highlights, will be presented. Attendees will receive information on creating youth leadership groups and producing youth lead events such as MY Fest. In addition, attendees will learn about young peoples' 12 step groups and their youth lead events, such as the Arizona State Conference of Young People in Alcoholics Anonymous (ASCYPAA).</p> <p>The workshop would include me and 4 youth presenters who will share their personal story, including the negative consequences they experienced as a result of their drug use and associated behavior; with primary focus on how youth lead groups are helping them stay alcohol and drug free.</p>
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<b>12:00- 12:30</b> <b>Ballroom</b>	<b>Lunch</b>
<b>12:30-12:45</b>	<b>MY LIFE video and Dance presentation</b>  Magellan's youth leadership team
<b>12:45- 2:00</b> <b>Ballroom</b>	<b>Luncheon Plenary on Culturally Competent Services for Adolescent Substance Abuse treatment</b>  <b>Kellie M. Warren, Psy.D.</b> Deputy Director, Arizona Department Of Juvenile Corrections  <b>Dennis Noonan, MSW, LCSW</b> Clinical Director, Pima Prevention Partnership  <b>Norma Garcia-Torres</b> Manager, Office of Diversity and Inclusion, ADHS/DBHS
<b>2:00-2:45</b> <b>Ballroom</b>	<b>Lee A. Underwood, Psy.D.</b> Clinical Director, Arizona Department of Juvenile Corrections  <p style="text-align: center;"><b>Cultural Competency &amp; Motivational Retention Strategies</b></p> <p>Out of necessity, most systems of care offering rehabilitative services to adolescents with co-occurring mental health and substance abusing problems have relied on inadequate and culturally incompetent management, motivational, engagement and retention methodologies. This has led to the inconclusive and unreliable analysis of the actual needs of youth; perpetuating ongoing problem behavior. There is an urgent need for proper implementation of motivational and retention strategies that are culturally competent, applicable, and acceptable for all adolescents.</p> <p>Understanding the cultural and treatment needs of youth is indeed a challenge! What are the thinking patterns among youth? Are the thinking patterns expressed differently among youth of color? What engagement and motivational strategies have proven effective? What is the meaning of treatment for youth? What are the known strategies that work in reducing delinquent activities and improving health?</p> <p>This presentation will examine these issues from a systemic framework. Culturally sensitive motivational enhancement and retention strategies will assist participants in appropriately interpreting the life experiences of these youth. Discussion of clinical overrides and integrating new strategies will assist participants in empowering youth.</p> <p>The purpose of this presentation is to provide culturally competent motivational and retention strategies for adolescents with mental health and substance abuse problems. Key strategies for effectively engaging youth will be examined through didactic and experiential learning.</p> <p><b>Learning Goals:</b></p> <ol style="list-style-type: none"> <li>1. Increase awareness of the impact of culture.</li> <li>2. Increase awareness of best practices in culturally competent and motivational strategies.</li> <li>3. Improve understanding of the components of motivational and retention strategies.</li> </ol>

<b>2:45-3:00</b>	<b>Break</b>
<b>3:00- 4:30</b>	<p data-bbox="490 287 867 321"><b>Breakout sessions 5 to 8</b></p> <p data-bbox="490 371 1344 493"><b>Session 5 Enhancing Treatment Effectiveness through Peer and Family Support</b></p> <p data-bbox="490 499 597 525">Presenter:</p> <p data-bbox="586 529 1083 644"><b>Tom Kelly,</b> Clinical and Recovery Services Recovery, Resiliency and Wellness ADHS/Division of Behavioral Health Services</p> <p data-bbox="490 680 1370 980">The development of peer and family support services within Arizona’s system of care for substance abuse evolved out of the State’s recognition of the value that peers’ receiving services and family members bring to the clinical environment. The Peer Support Specialists and Family Support Partners support enhanced effectiveness in substance use treatment and more efficient use of public service funding by matching people in recovery as mentors and recovery coaches with individuals receiving services. This workshop will provide an outline of some of the principles and practices found throughout the different peer and family support programs around the State and an outline of the principles of social support research.</p> <p data-bbox="490 1031 1271 1152"><b>Session 6 Substance Abuse and Suicide prevention through strategic, community driven planning process</b></p> <p data-bbox="490 1203 1260 1268">Presenter <b>Lisa Shumaker</b> <b>Manager, Office of Prevention/Division of Behavioral Health Services</b></p> <p data-bbox="490 1314 1385 1797">Over the past decade, the science of prevention has helped Arizona to develop more effective and cost efficient methods for reducing substance abuse and suicide. While Arizona has experienced successes such as the dramatic unprecedented downward trend in the rate of completed suicides among Native Americans and trends showing reductions in 30 day alcohol use in youths there is still a long way to go. Effective prevention of substance abuse and suicide is grounded in a strategic, community driven planning process. ADHS is committed to developing the capacity of communities to identify conditions which can be changed and which will have a direct impact on the prevalence of substance abuse disorders. Arizona has been using SAMHSA’s Strategic Prevention Framework process to drive decision making related to substance abuse on a state level. This workshop will discuss how this process is being paralleled on a local level. ADHS will discuss a variety of system and process changes which have been made to achieve change as well as those changes which are being planned to improve the efficacy and efficiency of prevention systems in future. The current science of prevention will be reviewed as well as outcomes related to substance abuse and suicide in Arizona.</p>



	<p><b>Session 7</b>  <b>The Storytelling Powerbook- A Substance Abuse Prevention Curriculum</b>  Presenter:  <b>Dora R. Sanchez</b>  The WHEEL Council</p> <p><b>The Storytelling Powerbook</b> was developed through a grant from SAMHSA back in 1997. It consists of six sections - Knowledge Power, Skill Power, Personal Power, Character Power, Culture Power, and Future Power, broken down into 27 lessons that are interactive, hands-on lessons to incorporate the different learning modalities: art, music, movement, reading, writing.</p> <p><b>Session 8</b>  <b>Using Personalized Feedback Report (PFR) with Motivational Interviewing</b>  Presenter:  <b>Julie Treinen MA, LPC, LISAC</b>  Substance Abuse Treatment Coordinator , Department of Juvenile Corrections</p> <p>The PFR is an individualized report generated from assessment data. Feedback and information exchange have been found to be important elements in effective intervention for substance use and other health risk behaviors among youth. Feedback is particularly valuable to eliciting self-motivational statements from individuals in early stages of change. The ADJC PFR is designed to highlight the context of use, the relative deviance of substance use patterns, the negative consequences of use, readiness to change and the need for intervention. Youth motivation during treatment is critical to good outcomes. In addition to meeting youth in treatment "where they are at" it is important for treatment staff to actively orient youth to substance abuse treatment and gain some therapeutic agreement on goals. Utilizing a Motivational Interviewing style, counselors can use feedback to support the youth in engaging in the treatment process. The PFR is the starting point for substance abuse treatment and informs treatment goals and youth readiness.</p>
<b>4:40-5:00</b>	<b>Networking session</b>